

Being healthy is a BIG Deal!



Being healthy is a big deal. Eating healthy foods and being active are good for you and your family. Here are a few tips.

- 1. Eat breakfast every day! Breakfast gives you energy. It can help you at school and at play.**
- 2. Eat healthy foods. Try fresh fruits like apples and oranges. Eat vegetables like broccoli and carrots.**
- 3. Try not to eat too much fast food, like pizza and french fries.**
- 4. Drink healthy drinks like water or milk. Try milk that is low in fat or fat-free. Try not to drink sugary drinks like soda.**
- 5. Help your family shop for food. Ask if you can help fix a meal! Remind your family that it is important for everyone to eat healthy foods.**
- 6. Get active! Turn off your TV. Take a break from video games.**
- 7. Play outside with your family, friends, or your pet. Kick a soccer ball around or jump rope. Just get moving!**
- 8. Talk to your family about being healthy and having fun.**



Weight-control Information Network: 1 WIN Way, Bethesda, MD 20892-3665

TOLL-FREE NUMBER: 1-877-946-4627 EMAIL: WIN@info.niddk.nih.gov INTERNET: <http://www.win.niddk.nih.gov>